

THE TALON



OPERATION JOINT GUARD, BOSNIA-HERZEGOVINA

SERVING THE SOLDIERS OF TASK FORCE EAGLE

Weapons smashed



Photo by Spc. Paul Hougahl

Sgt. Sam Hilton guides Spc. Grant Bohlen onto 26 M-72 machine guns and AK47 assault rifles confiscated from a VRO weapon storage site. Both are from Company A, 9th Engineer Battalion, 1st Infantry Division.

By Spc. Paul Hougahl
129th MPAD

CAMP COLT- "The weapons are now non-mission capable," said Sgt. Sam Hilton, Company A, 9th

Engineer Battalion, 1st Infantry Division, as he examined the machine guns he had placed under the track of an M-728 combat engineer vehicle.

Soldiers from the 519th Military Police Bn., Camp Colt, recently seized 26 Russian-made M-72 machine guns and AK47 assault rifles from a former warring faction's weapon storage site during a routine inspection.

During the inventory, the machine guns were confiscated because they were not on the lists compiled by the MPs during previous inspections. According to the Dayton Peace Accord, former warring factions cannot move weapons from site to site without writ-

ten permission. In addition, the Dayton Peace Accord allows SFOR to confiscate the weapons.

When a discrepancy is found during an inspection, the proper procedure is to examine all records from previous inspections to confirm the discrepancy. In this case, the weapons could not be accounted for so the 519th MPs decided that the machine guns had been moved to the site in a non-approved move.

Master Sgt. Donald Ward, Headquarters and Headquarters Detachment, 519th MP Bn., said that the

See GUNS page 12

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The question is...

If you throw a cat out a car window does it become kitty litter?

If corn oil comes from corn, where does baby oil come from?

If you shoot a mime, should you use a silencer?

When a cow laughs does milk come up its nose?

Why do they put Braille on the number pads of drive-through bank machines?

How did a fool and his money GET together?

If nothing sticks to Teflon, how do they stick Teflon on the pan?

How do they get a deer to cross at that yellow road sign?

If it's tourist season, why can't we shoot them?

What's another word for thesaurus?

Why do they sterilize the needles for lethal injections?

What do they use to ship Styrofoam?

Why is abbreviation such a long word?

Do they have reserved parking for non-handicap people at the Special Olympics?

Why is there an expiration date on my sour cream container?

Why did kamikaze pilots wear helmets?

How do you know when it's time to tune your bagpipes?

Is it true that cannibals don't eat clowns because they taste funny?

When you choke a smurf, what color does it turn?

Does fuzzy logic tickle?

LAYING DOWN THE LAWS

The unsung heroes of this mission are our family members. They are the keys both to this deployment and any future ones. Family support is important — we have learned this lesson through the experiences of past deployments.

The letters and packages sent here from friends and loved ones back home mean so much when they arrive. The "to any soldier" notes and letters carry a special message as well. All will brighten any day. Everyone looks forward to mail call. It is one of the biggest morale factors here, and for those receiving mail, quite likely the highlight of their day.

Family members wait for mail and phone calls as much as the troops here do. A friendly voice is



always good to hear, and the phone is a quick way to keep in touch, but keep in mind, the minutes add up to dollars.

The SFOR mission pushes at a fast pace and is demanding on the time and energy of all of the personnel deployed here. Regardless, we should never get too busy to write or make contact with loved ones.

Family support groups play an important part in deployment. We must keep in mind that it is equally hard on those loved ones left at home as it is on the sailors, soldiers, airmen, Marines and civilians here. Family support does an outstanding job; their efforts are appreciated.

To all of the family members who read this column, on behalf of the task force, I'd like to say "thanks for the support."

-- Command Sgt. Maj. James W. Laws, 1st Infantry Division (forward)

BATTERY ACID

Maintenance of vehicles is important in accomplishing our SFOR mission. There are some inherent hazards in maintenance operations, such as battery acid.

High concentrations of acid mist cause eye and skin irritations, teeth erosion, mouth soreness, and breathing difficulties. Contact with diluted acid irritates skin, eyes, and may cause irreparable corneal damage, blindness, and facial scarring.

Safety tips when handling battery acid include; wear protective gloves and eye goggles; wear long sleeves; wear acid-resistant apron; wear boots and overshoes; wear trousers over boots; always wash thoroughly after handling battery acid; always have eyewash fountain bottle available; do not store battery acid in metal containers; do not stack containers over three high; store in dry, cool, and well ventilated area with drainage.

Should an accident occur, the following emergency actions should be taken. If acid contacts the eyes, immediately flush with water for at least 15 minutes. If acid contacts the skin, remove contaminated clothing, wash with soap and water. If acid is inhaled, get fresh air and give oxygen. In all cases where acid contacts the body, see a doctor immediately. If there is an acid spill, zone off (dike) contaminated area and neutralize the spill with lime. All collected material should be disposed of as hazardous waste.

By Lt. Col. Troy Vincent, Division Safety Officer

THE TALON

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Soldiers grilled; Well done

By Spc. Susanne Aspley
364th MPAD
Spc. Gary Bailey
129MPAD

How much does a M16A2 rifle with a loaded clip weigh? What is significant about Madeline Albright? Can you sing the 1st Infantry Division Song? Grilled by these questions and dozens more, soldiers from Task Force Eagle successfully withstood the grueling and thorough interrogation.

A Sergeant Morales membership is a unique reward for remarkable noncommissioned officers whose leadership achievements deserve special recognition. Members exemplify an outstanding leader, shown by a personal regard for the needs, training, improvement and welfare of their soldiers.

This achievement is put in the soldier's 201 file.

Staff Sgt. Angela Fitzhugh, Headquarters and Headquarters Company, 9th Engineer Battalion, 1st Infantry Division, has a double

reason to celebrate this accomplishment. She is the only female from the 1st Infantry Division to pass the board since the unit was reflagged. For Fitzhugh passing the boards isn't an end, but a beginning.

"I feel it's a great accomplishment, and I hope to mentor other female noncommissioned officers to follow in my footsteps," Fitzhugh said.

The Sergeant Morales Club is a command program in USAREUR designed to increase combat readiness by strengthening the noncommissioned officer corps

through the continuing improvement of NCO quality, morale, performance and potential. Gen. George S. Blanchard, 5th Corps Commander, developed the concept and fictitious name in 1973 to bring pride and esteem back to the NCO Corps that was in decline after Vietnam. The Sergeant Morales Club is the European equivalent of the Audi Murphy Club in the U.S.

SMC membership is a way of recognizing NCOs who have contributed significantly to developing a professional NCO corps and a combat effective Army. Master Sgt. Joseph M Timm, 720th Military Police Battalion, has several success stories as a supervisor to candidates. "They need to be willing to burn the midnight oil to prepare in order to achieve the goal. Soldiers freeze or make mistakes during the board, but it's

how the soldier recovers that is important."

Corporals through sergeants first class from any military occupational specialty are eligible for candidacy if they are recommended by their chain of command and directly super-

vised at least two soldiers. Once a member, the soldier is a member for life.

(Albright, the secretary of state, is the highest ranking woman in a government position so far, the M16A2 with clip weighs approximately 7.8 pounds and the song goes like this:

Toast of the Army, favorite son, hail to the brave Big Red One! Always the first to thirst for a fight, no foe shall challenge our right to victory. We take the field, a grand sight to see, pride of the Infantry. Men of a great division, courage is our tradition, Forward! Big Red One!

"They need to be willing to burn the midnight oil to prepare in order to achieve the goal."

— Master Sgt. Joseph M. Timm

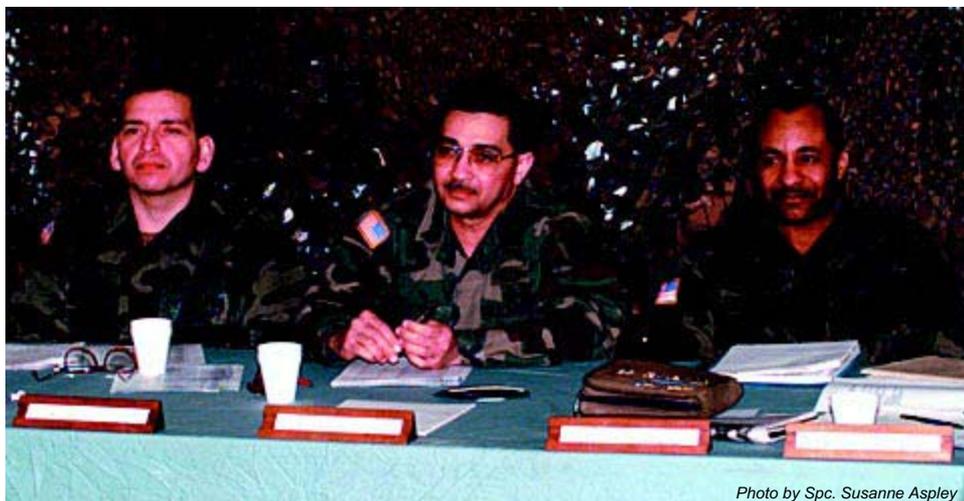


Photo by Spc. Susanne Aspley

From left, Command Sgt. Maj. Ivan Castillo, 1st Battalion, 7th Field Artillery, Command Sgt. Major Dave Gates, 1st Infantry Division, and Command Sgt. Maj. Robert Fox, 4th Bn., 3rd ADA -- an imposing board to stand before.

NEWS BRIEFS

Mine action center

The mine action center asks soldiers to pass on the message of mine awareness by submitting mine awareness tips to the MAC. The best tips will be published. Following are some examples of mine tips:

1. Just because there are no signs; doesn't mean there are no mines.
2. Your next step may be your last; look before you hear a blast.

Submit all tips to the MAC. Stop by or call Staff Sgt. Rodriguez at MSE 551-3480.

Reunion briefings

It is important for all Task Force Eagle soldiers to prepare for their reunion with loved ones. TFE unit ministry teams are conducting reunion briefs for soldiers of their unit/base camp. All soldiers are required to receive the briefing prior to returning to home station. The TFE chaplain asks that as many soldiers as possible receive the brief before departing their base camp. For more information contact your chaplain or TFE chaplain at either MSE 553-3664, IPN 7174 or Teledata 2888 ext. 123.

New Sgt. Morales members

Staff Sgt. Patrick W. Bean, Battery A, 1st Battalion, 7th Field Artillery; Staff Sgt. Michael A. Bowie, 45th Medical Company; Sgt. Ian P. Bush, Company B, 3rd Air Defense Artillery; Staff Sgt. John C. Collins, Company A, 9th Engineer Bn.; Sgt. Christopher Curry, Headquarters and Headquarters Company, 1st Bn., 26th Infantry; Sgt. Angela S. Fitzhugh, HHC, 9th Eng. Bn.; Staff Sgt. James Franklin, Troop D, 2nd Bn., 6th Cavalry; Staff Sgt. Jason E. Fritz, Company B, 9th Engineer Bn.; Sgt. Robert C. Hammett, HHB, 4th Bn., 3rd ADA; Staff Sgt. Bernard C. Howard Jr., HHT, 6th Cav.; Sgt. Warren J. Hutchinson, HHC, 9th Eng. Bn.; Sgt. Thomas D. Jagielski, HHB, 4th Bn., 3rd ADA; Sgt. 1st Class James R. Kiehl Jr., 4th Battalion, 3rd ADA; Staff Sgt. James Moudy, HHC, 11th Aviation Regiment; Sgt. John W. Salley, Company B, 299th FSB; Staff Sgt. Eric B. Stewart, Company A, 7th Bn., 159th Avn. Regt.

Improved TFE Homepage

Check out the latest changes to the official Task Force Eagle homepage at:

<http://www.1id.army.mil>

Anytime, Anywhere



Sgt. Paul R. Smith, 2nd Platoon, Company B, 9th Eng. Bn., constructs the perimeter at the Forward Operations Base of TF 1-26 during the Brcko Arbitration.

Photo by Spc. Susanne Aspley

By Spc. Susanne Aspley
364th MPAD

The versatile soldiers of Company B, 9th Engineer Battalion, Task Force 1-26 are often said to be the multi-plier tool of the Army. They are able to perform numerous tasks anywhere at any time.

During the Brcko Arbitration, the Combat Engineers primary mission at TF 1-26 Forward Operations Base provided survivability for Recon and Support teams out of Camp Dobol. The tactical importance of the FOB reduced time to target if TF 1-18 from Camp McGovern were in need of reinforcement. Located at a key intersection, the position could also control traffic flow headed towards Brcko in case of conflict.

"For the Engineers, mobility, counter mobility and survivability are our meat and potatoes," said 1st Squad Leader Staff Sgt. Jay C. Quicksall of 2nd Platoon, Company B, 9th Engineer Bn. which is based in Schwienfurt, Germany.

The initial fortifications of the FOB are in place to standard within 24 hours. "However, with every defensive position, you are never done. There are constant upgrades that can be added to make it better," said Quicksall. The number one priority is the perimeter, which doesn't only detour uninvited visitors. "It lets people know that when they cross our line, they are subject to our terms, which are not negotiable."

The thaw of spring marks a considerable shift in TF 1-26 En-

gineers area of responsibility. They will change their focus from bunker destruction and force protection to supervising the former warring faction who continue to uproot their fatal minefields. According to Capt. Paul B. Olsen, Company B commander, 9th Eng. Bn., TF 1-26, this means thousands of additional mines removed from the ground.

"Pulling out the mines means that fewer kids may lose their legs or lives," said 1st Lt. Rob M. McCarthy, Company B executive officer. "And because we have gathered the schedules of the factions' plans, the transition period will be shortened as we re-deploy and the next group of engineers rotate in. We are able to hand them the schedule so they can easily monitor their progress." McCarthy is from Wheaton, Ill.

Recently, Lt. Col Robin Swan, commander of TF 1-26, honored the leadership of Second Platoon by presenting them Blue Spader Coins. This commemorates effective troop leadership in placing tactical and protective obstacles over a sustained period of time during demanding conditions.

"For most of my squad, this is their first deployment. Many issues have been worked out here in Bosnia. I'm happy that I was given a chance to train some new soldiers in this environment. It is a great opportunity to participate in Operation Joint Guard," said Quicksall. "Anywhere in the world, the Combat Engineers, especially 2nd Platoon, Bravo, lives by our motto: 'Es-sayons' meaning 'Let Us Try.'"

Operator, I've been cut off

By Spc. David Boe
364MPAD

MC GOVERN BASE -- *They may talk about us, but they can't talk without us!*

It may be a funny saying in Army communications, but Staff Sgt. Miguel A. Cabrera wasn't smiling when he was awakened at 4 a.m., Feb. 19 with a serious problem.

Cabrera, the shop foreman in Task Force 1-18's comms platoon was confronted with a task force-wide communications breakdown. Systems were crashing everywhere, and to make matters worse, a heavy snow front had descended over McGovern Base -- the Tactical Operations Center's "fun meter" was in the red, which was not good.

"Once this front came in last night it wreaked havoc with our communication systems," said Cabrera, a native of Philadelphia. "Communications had gradually decreased through the night as the snow accumulated."

Cabrera, along with the rest of his platoon and the battalion's radio transmitter operators, started troubleshooting the problem, beginning at the lowest levels, or "subscribers," as Cabrera calls them.

"It's a drawn-out process," said Cabrera. "You have to start with the smallest battery and work your way up to the tip of the antenna."

After swapping out and moving antennas, re-shooting azimuths, and conducting a collective "mind-meld" among communication elements, they had eliminated most of the problems and the task force was able to continue its missions.

For the 12-year veteran, it was just another day in the world of Army communications. "Inevitably there WILL be interference," said Cabrera. The idea, he said, is to have the experience and skills to identify the interference without "gremlins."

"There's a saying," said Cabrera. "We have gremlins, sir, we have gremlins! It's another way of telling your commander, 'Sir, I have NO idea what's going on!'"

Cabrera doesn't like gremlins, which is why he sometimes spends more than 18 hours a day checking and re-checking systems. "It's a 24-hour operation," said Cabrera. "That's not a problem for us; that's our job. This is what we came in for."

Cabrera's platoon leader, 1st Lt. Thomas P.F. Moran, agrees. "Stuff breaks," he said. "Anybody that has a problem, 24-hours-a-day, they can come and get me."

Moran said his platoon's mission at McGovern is to provide tactical and commercial communications to the task force, advise commanders on signal matters and provide direct support for repairs.

"Basically that means we keep up the FM radio networks, tactical satellite net-

works, all of the computer networks and telephones," said Moran. "Everything that has electricity running through it is our responsibility. It's a never ending cycle."

Because of this, the Fairport, N.Y. native's office, located on the second floor of the task force motor pool, doubles as his sleeping quarters. On the door is a sign that says, "WARNING: Do not approach door, wild SIGO inside." Inside, on the right, is Moran's cot, directly underneath a mortar hole in the ceiling, which, said Moran, is his "skylight." On the left is his

"It's a 24-hour operation. That's not a problem for us; that's our job."

— Staff Sgt. Miguel A. Cabrera

work station -- a green folding table with a computer on top, complete with a Monty Python montage screen saver. On the wall is an X-Files calendar. "That's an alien hybrid," said Moran, flipping through the months. "There's Mulder ... I thought there was a Scully back here ... there ... she's drawing on somebody ... Scuuully!"

Moran loves X-Files. "Roger. I live for it," he said. "I haven't been able to watch it

for the past several months." Unlike Cabrera, Moran doesn't find gremlins in the system, but rather something along the lines of the cult T.V. show. "There are a lot of parallels in the strange phenomenon that happens to FM and the phones, strange unexplained occurrences," said Moran. "You just never know some days, but the truth is out there."

Moran said freak events like snow storms are part of the communications field.

"I've had several of our telephone poles wrapped around trucks," he said. "That's always exciting, because one afternoon you'll be sitting there thinking you're getting ahead of the game and suddenly someone will call you and tell you someone just mowed down a couple of telephone poles and you have to go re-string everything."

"It's a big challenge for us in signal," he said.

Moran said, that along with the challenges come rewards with working in a field that is rapidly expanding.

"Technology in the Army has blossomed at an exponential rate," said Moran. "And now we're looking at the Force 21 package where everything is digitized and tied in and information is flowing freely around the battlefield so commanders know exactly what's going on with their troops on the ground."

Two of Moran's soldiers, Cpl. Will A. See COMMO page 12



Photo by Spc. David Boe

Staff Sgt. Miguel A. Cabrera, 31, shop foreman for comms platoon, HHC, 1-18 Inf., tries to get better reception on a SINCGARS Ground Combat Net Radio in the TOC during a snow storm at McGovern Base.



From top left, clockwise A Russian paratrooper jumps backward out of a UH-60 Blackhawk helicopter... Military Freefall Jumpmaster Command Sgt. Maj. Glen Nickel signals one minute til jump time to the Russian paratroopers... Nickel and Capt. Jose Gabilondo, liaison officer to the Russian Brigade, go over hand signals and communication planning with the Russian paratroopers.



Story by 1st Lt. Robert M. Inouye
364th MPAD
Photos by Spc. Tracey L. Hall-Leahy
55th Signal Company (Combat Camera)



Day of the Defenders

UGLJEVIK, Bosnia-Herzegovina—On Sunday the Russian Brigade celebrated their Armed Forces Day with help from a U.S. Army helicopter crew.

Known as the Day of the Defenders of the Fatherland, Feb. 23 is a day that celebrates the Russian military forces history. Activities were highlighted by Russian airborne paratroopers freefalling 5,000 feet from a U.S. Army UH-60 Blackhawk helicopter.

"It was great working with the Americans. The helicopter was great," said Warrant Officer Sergey Fedulov, a 20-year veteran of the Russian army.

Language barriers and safety were big concerns for the flight crew, but with the help of Capt. Jose Gabilondo, liaison officer attached to the Russian Brigade, and Military Freefall Jumpmasters Command Sgt. Maj. Glen Nickel and Sgt. 1st Class Michael Townsend, both of 3rd Battalion, 10th Special Forces Group, those concerns were overcome. Gabilondo translated while Nickels and Townsend worked on hand signals so the crew and paratroopers understood each other.

"Having Russian soldiers jump from an American aircraft was unique for me," said Chief Warrant Officer Paul Marr, Company B, 2-1 Aviation, pilot of the helicopter the Russians jumped from. "Working with their military has also been a unique opportunity. It's interesting to meet them as people, learning how they train and how they do business. They are very professional."



New equipment-same rules

By Staff Sgt. Vonny Rohloff
364MPAD

Army communication systems have advanced far beyond the days when a scout would ride on a horse between camps with a message rolled up in his saddle bags, running enemy lines to bring news from one unit to another.

Today that same Army scout that traveled through minefields, enemy forces and bad weather must now be aware of the hazards of electronic communications. Those hazards include misuse of government property and information security violations.

"The government computer is government property and is intended for official use only," said John Kotsay, network manager and systems administrator at Eagle Base. "It is like a HM-MWV, you don't take it and drive to the grocery store."

Soldiers using computers during off-duty time to surf the web or send messages home need to know that what they view or send and receive is subject to monitoring by the 5th Signal Command. Personal use of e-mail is restricted, and must be during non-duty time, such as after work or on breaks. Government computers or other equipment may not be used to send receive, view or download pornographic material, or any other material which would reflect adversely on the government. In other words, use must be within the bounds of good taste. Personnel who attempt to get as close to the line as possible do so at the risk of prosecution.

"Give someone an inch and they take a mile," said Kotsay, a Department of Army civilian with the 102nd Signal Battalion,

5th Signal Command. Many people are not aware or have not thought through what is official use and what guidelines pertain to unofficial use.

One of Kotsay's daily duties is to monitor the e-mail host in Bosnia. Currently there are approximately 900 customers. Kotsay, deals with daily changes in e-mail accounts. If a person is no longer using an account or receives a large file, Kotsay checks for the reason. Accounts unused for 30 days are removed from the system.

"I look over the system for problems and

der the Uniform Code of Military Justice. "Porno is not professional," said Kotsay. "It makes us look bad and reflects on all of us." In addition, there are some degrees of pornography that are illegal, such as child pornography.

If a soldier receives pornographic or inappropriate e-mail, they should delete the files and report it to the system administrator. It would be advisable to inform the sender not to send this type of material in the future.

Another risk that computer users need to be aware of is sharing information or e-mail addresses that may get into the hands of hackers. According to Kotsay, hackers break into computer systems for fun or a challenge. Others may try because they once had e-mail with the military and after a move can't get a new account. Hackers would have a difficult time with the system in Bosnia. "We have a special software program that says what host can login," Kotsay said.

"We have a strong security program."

Most of the computer systems within Bosnia are unclassified. The information on them may not be classified, such as name and social security number, however that information is sensitive to public distribution. Other information such as unit strength, troop movements and operations is classified depending on how it is used. Soldiers should not share classified information with family and friends.

Today's high tech communications system keeps soldiers linked, but the hazards are out there, so be cautious what you send and receive over the new internet highway. These hazards may not kill you -- but they could cost you your military career.

"The government computer is government property and is intended for official use only"

— John Kotsay

look for large accumulations," he said. A large amount would be a mail box with more than one megabyte, or one million characters. A photograph could be a megabyte or more depending on size or resolution. An average letter of one to two pages of e-mail is about four to eight thousand characters. Photographs and pictures are large files and cause concern because of their size. They tie up the hard drive and slow down message traffic for everyone. "A message may have to wait," Kotsay said.

Some soldiers receive pornographic photos through e-mail, but because the computers are government property viewing the photos are considered misuse of government property and are punishable un-

Turkish soldiers assist war refugees

By Turkish Air Force Maj. Sevinsel Hasan PAO

ZENICA, Bosnia-Herzegovina - Soldiers from the Turkish Brigade recently supplied citizens of Zenica with writing supplies, food and warm clothing.

Along with maintaining the stabilization force mission, members of the Turkish Brigade have helped displaced refugees of the civil war with basic needs.

Currently, more than 1,600 packages of food, 89,835 pieces of various writing supplies and 2,358 articles of clothing have been delivered to 1,172 displaced people living in six refugee camps in the Turkish Brigade's area of responsibility. The camps include Arnauti, Kasina 1, Kasina 3, Kasina 5, Djacki Dom, Gp Bosnia, Babino Pilje, Putovici and Moscanica.

In addition to helping refugees, the soldiers distributed supplies to children at the Martyr's Elementary School in Zenica.



Photo by Turkish Army Maj. Ali Demirel

Engineers shackled

By Spc. David Boe
364MPAD

It was a long, exhaustive and potentially dangerous day, and in the end a shackle was blown up.

For Capt. Charles H. Klinge, commander of Company A, 9th Engineer Battalion, it was an enjoyable and successful day.

It all started a few weeks earlier when they realized a need for a lateral vehicle bypass between routes Kansas and Missouri a few miles south of Brcko.

"The only good routes we have to travel east and west are up in the city of Brcko, or down about six or seven kilometers where it gets close to the Russian brigade sector," said Klinge, a native of Crofton, Md. "The city is very congested, so trying to move armored vehicles through there is a slow process, and moving all the way down to the Russian sector just increases our response time."

The solution: the Dr. Pepper bypass, a two-kilometer road outside the village of Omerbegovaca that allows travel without going through Brcko or farther south.

The problem: A mine strike on the road killed one civilian and wounded another on Dec. 20. The road was given a "red" restricted status.

"Normally if there is a minefield we coordinate with whatever faction put the mines in," said Klinge. "In this case there was no mine record of the locations ... and based on operation requirement to get that road open we made the decision to do it."

So, Company A, was tasked with clearing the Dr. Pepper bypass.

"We needed to move laterally in that sector," said Klinge. "Based on safety precautions we could take and preparations we could do, we said we could do this mission with low risk. It's a high-risk situation, but we reduced the risk by planning."

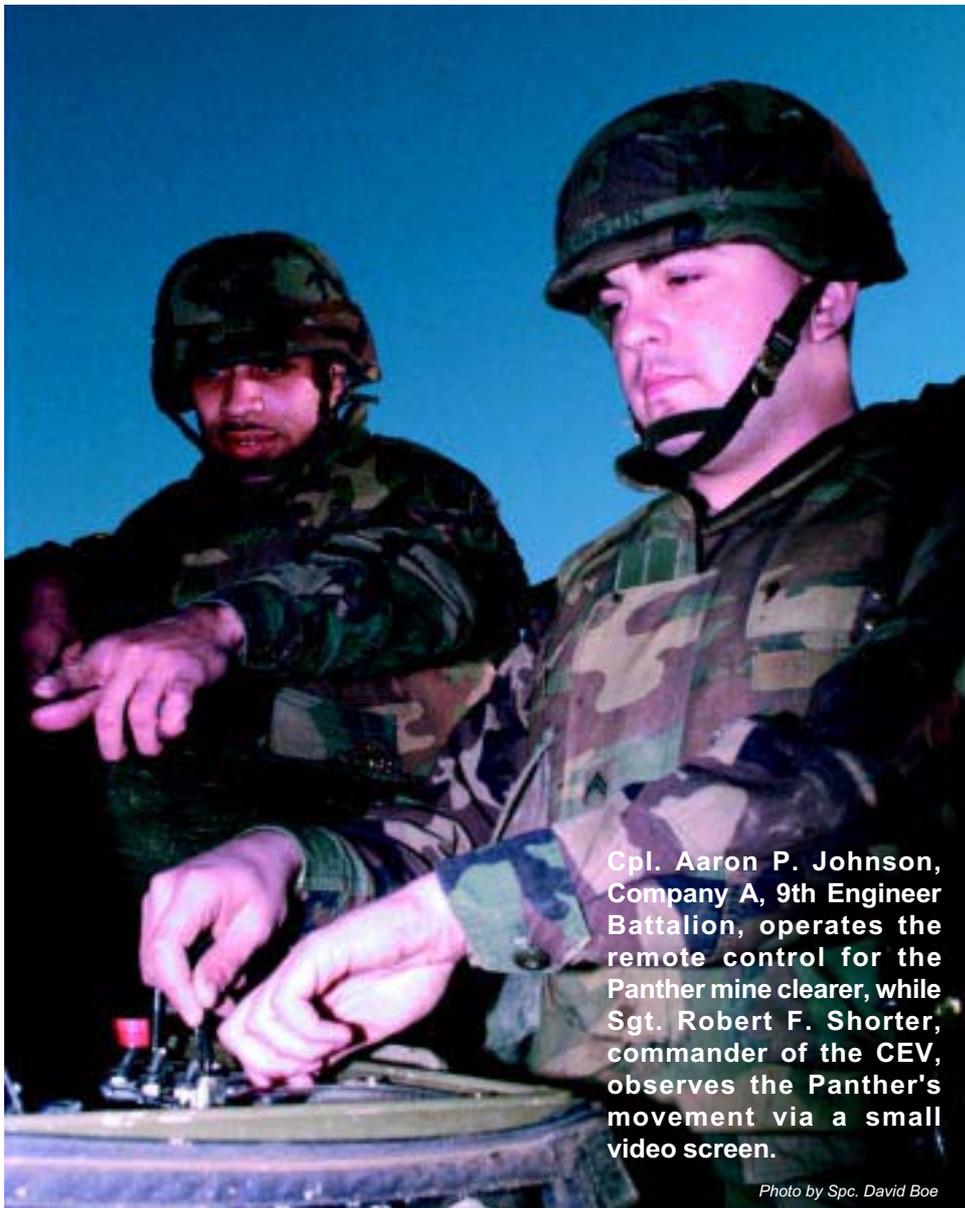
By Jan. 22 the company received the equipment and training it needed to accomplish the mission, including a mini-flail, a small remote-controlled vehicle used in detonating anti-personnel mines – the type suspected of infesting the road.

On Feb. 4, the company moved out in the early morning to Dr. Pepper bypass.

The weather, while chilly, was clear, which was lucky for the engineers, who Klinge said would not have attempted a clearing with snow on the ground.

Two obstacles had to be bridged in order to reach Dr. Pepper: a culvert that Klinge said he didn't want to damage, and a rickety structure nicknamed "booby-trap bridge" spanning a small creek.

Once across them, it was a matter of



Cpl. Aaron P. Johnson, Company A, 9th Engineer Battalion, operates the remote control for the Panther mine clearer, while Sgt. Robert F. Shorter, commander of the CEV, observes the Panther's movement via a small video screen.

Photo by Spc. David Boe

clearing a maneuver area with the mini flail, then bringing up a 60-ton remote controlled anti-tank mine detector called the Panther (an M-60 tank minus the turret) to clear the remaining length of road. The Panther would be controlled from the company's Combat Engineer Vehicle. Klinge, in his command vehicle, an M-113, would follow behind the CEV. At this point, said Klinge, they had done the normal planning.

"But the biggest thing we did was say, 'OK, we have remote-controlled equipment, and when we get to where we're definitely in the mine-strike area, we're going to maximize the range the remote-control frequencies will work,'" said Klinge. "About all anti-personnel mines have a blast radius of about 50 meters, so I made sure we were outside that radius. We also had our people in armored vehicles so if something did happen we would be protected."

To his relief nothing happened ...sort of. After advancing through the bombed-out village of Cadavac, the engineers were joined by Lt. Col. Stephen Layfield, commander, Task Force 1-18, McGovern Base, who's convoy came up on the road cleared

by the Panther. Soon after, they found *something* sticking out of a pool of mud.

"When we thought we had encountered a mine near the end of the route, they (additional engineers) came forward and put a charge on it and blew it up," said Klinge. "My opinion on mines is better safe than sorry. If we think it's a mine we just destroy it and come back later to figure out what it was."

It turned out the object was not a mine. "It was a fairly large shackle," said Klinge. "And we effectively blew it up."

While no mines were discovered, Klinge said the mission had been accomplished, deliberately and safely.

"When you are doing these missions you need to be thorough," said Klinge. "Lt. Col. Layfield always says, 'Don't rush to failure,' and for engineers that's a perfect motto out here."

Sgt. Robert F. Shorter, from Oxen Hill, Md., who commanded the CEV on the mission, agreed. "We made sure each area was covered," said Shorter. "If there were mines out there we would have hit one with the mini flail or Panther."

Coping with "Bosnian Crud"

By Pvt. Wendy R. Tokach
129th MPAD

EAGLE BASE -- Almost everyone gets it eventually, usually during the first few weeks after arriving in-country. It comes creeping when they least expect it. Just when they thought they would learn to live in country, "Bosnian Crud" hits, making soldiers miserable and sending them to sick call.

It's not surprising that many soldiers become sick in the cold and wet environment of Bosnia-Herzegovina. The majority of sick call reports at the Tuzla Main aid station are due to upper respiratory problems.

"Pretty much on a daily basis we see a lot of common colds, upper respiratory, bronchial infections and sinus things. A lot of the cases we see are referred to as the "Bosnian Crud," said medical specialist Jeff Simkins. He is a member of Headquarters and Headquarters Battery 1st Battalion 7th Field Artillery. "It's nothing more than a simple cold, but it can really wreak havoc on someone's body. We see a lot of it here and hopefully we can make people feel better," he said.

The symptoms of the crud are mild fever, sinus congestion along with headaches and a sore throat in the morning that tapers off during the day and general fatigue with a hacking cough.

Physician's Assistant 1st Lt. Shane F. Spears, Headquarters and Headquarters Battery, 4th Battalion, 3rd Air Defense Artillery, recommends several preventive measures to avoid the dreaded crud:

- Eat healthy.
- Drink enough fluids. Coffee, tea or soda does not fill the gap. Soldiers need to make sure they drink lots of water and juices.
- Exercise regularly.
- Soldiers should properly use the cold weather protective gear they are issued.
- Use the head to foot sleeping arrangements in tents.



Photo by Pvt. Wendy R. Tokach

1st Lt. Shane F. Spears demonstrates one of the methods used to check for the Bosnian Crud

Wash hands frequently to avoid the spread of germs.

"Every place has their own strain of virus," Simkins said. "I think basically what's happening is soldiers aren't acclimating themselves to the environment all that quickly. It usually takes 20 to 30 days for your body to adjust. That in-between period seems to be where everyone is picking up the virus. It's nothing serious just basically your common cold."

By sticking to the preventive measures soldiers can avoid the virus and stay healthy. Soldiers are also reminded to have their illness checked out, because if not cared for, the symptoms may get worse.

"If soldiers come down with the crud they need to be taking some Tylenol to keep headaches and fever down; double or triple their fluid intake and get as much rest as they can," Simkins said. "The best advice is just to pay attention to what your body is telling you."

Beware the enemy: Fat

By Staff Sgt. Vonny Rohloff
364th MPAD

EAGLE BASE -- There is danger lurking out there. It is lying in wait around the mess halls, pizza parlor and snack bars; everywhere soldiers eat. The enemy is high fat and high cholesterol. And these contribute to heart disease, the number one killer in America.

Maj. Jill E. McCoy, registered dietitian from the surgeons office, 1st Medical Group, Tazar, Hungary, presented classes at Eagle Base, Blue Factory and Guardian Base on cholesterol, fat and nutrition.

Fat is important to our bodies to promote good health, however, too much fat, high cholesterol or the wrong kind of cholesterol can lead to clogged arteries and heart disease.

How much fat is too much? The American Heart Association's guideline is no more than 30 percent of total calories per

day should be fat. McCoy said an easy way to compute the number of grams of fat needed each day is to divide your ideal body weight by two. If ideal body weight is 130 pounds, divided by two equals 65 grams of fat.

Cholesterol, a fat like substance found only in animal products, is also manufactured by the human body. "Fat and cholesterol are two separate things," said McCoy. "We can see fat in our diet." Cholesterol also comes from food or it can be made in the body but we can't see it. Cholesterol is in every cell membrane of the body and in the nerve endings. It is also a building block to hormones including testosterone. Fat is important, but one must choose and eat the healthy kind of fat in the proper amount for our body said McCoy.

The AHA recommends about 300 milligrams of cholesterol per day. Studies reveal the average soldier sometimes con-

sumes as much as 780 to 850 mg per day. An ounce of red meat contains about 25 mg of cholesterol and an average serving is three to four ounces so in one serving, a soldier could consume one third of the daily recommended amount of cholesterol. However, an egg contains approximately 250mg of cholesterol so an omelet would be double that amount.

An active soldier eating breakfast consisting of an omelet, sliced potatoes, bacon, French toast with syrup, grits, a roll, orange juice and milk consumes approximately 911 mg of cholesterol and 144 grams of fat with 39 grams of that fat being saturated fat.

"The best way to lower cholesterol is through diet and exercise," McCoy said. Eating healthy foods; a variety of fruits and vegetables, whole grains and high fiber foods and low fat is important. Focus on the pyramid food guide, a healthy guide for eating. "Moderation is the key," she said.

What have you learned?

As Black History Month draws to a close, here is a short quiz to test how much you really know about black history. Answers are at the end of the quiz -- but don't cheat.

1. Who was the first person to die in the American Revolutionary War in 1770?
 - a. Dred Scott
 - b. Crispus Attucks
 - c. William Grant Still
 - d. Prince Hall
2. Who is called the father of Black History Month?
 - a. George Washington Carver
 - b. W.E.B. DuBois
 - c. Carter G. Woodson
 - d. Sojourner Truth
3. Elijah McCoy was a noted:
 - a. Pilot
 - b. Athlete
 - c. Inventor
 - d. Singer
4. W.E.B. DuBois was which of these:
 - a. Scholar
 - b. Author
 - c. A founder of the NAACP
 - d. All of the above
5. The Montgomery, Alabama, bus boycott began in December of what year?
 - a. 1945
 - b. 1950
 - c. 1955
 - d. 1965
6. Who was the catalyst of the Montgomery Bus Boycott?
 - a. Autherine J. Lucy
 - b. Jesse Jackson
 - c. Rosa Parks
 - d. Mary McLeod Bethune
7. When was the Urban League founded?
 - a. 1910
 - b. 1911
 - c. 1921
 - d. 1932
8. Who was the first African-American awarded the Nobel Peace Prize?
 - a. Ralph Bunch
 - b. Gwendolyn Brooks
 - c. Martin Luther King Jr.
 - d. Roy Wilkins
9. Who performed the world's first successful open heart surgery on July 9, 1893?
 - a. Dr. Charles Drew
 - b. P.B.S. Pinchback
 - c. Dr. Daniel Hale Williams
 - d. Dr. Mary McLeod Bethune
10. Who was the first man to reach the North Pole?
 - a. Matthew Henson
 - b. Lt. Col. Guidon S. Bluford Jr.
 - c. Marcus Garvey
 - d. James Weldon Johnson
11. Who was the first African-American to win a Pulitzer Prize?
 - a. Edith Sampson
 - b. Gwendolyn S. King
 - c. Gwendolyn Brooks
 - d. Maggie Lena Walker
12. L. Douglas Wilder, the first African-American elected governor, served what state?
 - a. Georgia
 - b. North Carolina
 - c. Virginia
 - d. New Hampshire
13. Who was the first African-American player to enter baseball's American League?
 - a. Jackie Robinson
 - b. Larry Doby
 - c. Satchel Paige
 - d. Willie Mays
14. Langston Hughes was a noted:
 - a. Playwright
 - b. Author
 - c. Poet
 - d. All of the above
15. The first African-American in the House of Representatives was:
 - a. Adam Clayton Powell
 - b. Joseph H. Rainey
 - c. Shirley Chisholm
16. The first African-American judge was:
 - a. William Hastie
 - b. Clarence Thomas
 - c. Jonathan Jasper Wright
17. The first African-American who was named to the U.S. Supreme Court was:
 - a. Claence Thomas
 - b. Thurgood Marshall
 - c. Constance Baker Motley
18. What was the name of the first African-American newspaper?
 - a. The Atlanta Daily World
 - b. Chicago Defender
 - c. Freedom's Journal
19. Who was the first African-American senator?
 - a. Edward Brooks
 - b. Hiram R. Revels
 - c. Frederick Douglas
20. Was there ever an observation called Negro History Week?
 - a. Yes
 - b. No
21. The first African-American woman nominated for an Academy Award in the category of Best Actress was:
 - a. Diahann Carroll
 - b. Hattie McDaniel
 - c. Whoopi Goldberg
 - d. Dorothy Dandridge
22. Who was the first African-American named to the cabinet of U.S. president?
 - a. Ronald H. Brown
 - b. Mike Espy
 - c. Robert Weaver

Answers: 1)b, 2)c, 3)c, 4)d, 5)c, 6)c, 7)a, 8)a, 9)c, 10)a, 11)c, 12)c, 13)b, 14)d, 15)b, 16)c, 17)b, 18)c, 19)b, 20)a, 21)b, 22)c



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Reed This By Sgt. Corwin L. Reed



Coffee: Fuel for the force

GUNS

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task force has conducted more than 200 of these inspections since arriving seven months ago, and it is unusual to confiscate weapons. "They are so unorganized and are in the process of reorganizing so we try to resolve why there is a discrepancy before the weapons are taken," said Ward.

Once the weapons are seized, the former warring faction is given the opportunity to appeal the decision. In this case, an ap-

"It was like taking a part of history from the former warring factions. They (the weapons) were probably used during the war"

— Spc. Shawn Seals

peal was made, was denied by SFOR officials, and the weapons were destroyed.

The task of destroying these weapons was given to members of Company A, 9th Eng. Bn., 1st I.D., who drove over them with the track of a combat engineer vehicle and smashed them with the blade on the front of the vehicle.

"It was like taking a part of history from the former warring factions," said Spc. Shawn Seals, equipment operator for Company A. "They (the weapons) were probably used during the war. We also destroyed something that kills."

The destroyed weapons will be stored at Camp Colt and the VRS officials the weapons were seized from will be given the opportunity to pick them up. If not claimed within 14 days, the destroyed weapons will go to Camp McGovern where they will become scrap metal.



Spc. Shawn Seals, Company A, 9th Engineer Battalion, 1st Infantry Division, inspects the M-72 machine guns he placed under the track of a combat engineer vehicle.

Photo by Spc. Paul Hougdehl

COMMO

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Carter and Spc. Ralph T. Brady have both noticed the changes in the Army's communications since enlisting.

"The military has changed a lot," said Brady, a native of Edgewater, Md. "Everything we do now is high speed. The Army is keeping itself technologically up to date."

Moran said it was technology in the first place that got him hooked on signal back in 1986.

"At Fort Bragg at advance camp, it was about 105 degrees one day, just sweltering," he said. "The signal guys had air conditioning in their shelters so I spent a lot of time in the signal section listening to what they had to say."

Moran said he liked what he heard. "Plus, signal is all over the world so there are plenty of duty assignments," he said. "Also, I can make a phone call whenever I want."

Not that working in telecommunications doesn't have its downsides. "I've been shocked so many times picking up a LAN (Local Area Network)," said Moran. "Someone will plug it in while I'm

working on it and I get a good 220 volts running through me. That's always good to wake you up in the morning."

Moran said it's been an ongoing battle with the LAN ever since he arrived in Bosnia. "The LAN around here is my personal nemesis," said Moran. "I spend probably 85 percent of my time dealing with the LAN or configuring computers."

Carter and Brady agree that the hours can be long and unpredictable.

"Out here, they can come and get you at any time," said Brady. "Like last night, they came and got me at four o'clock in the morning because they had a problem with one of the radios."

Sometimes the stress can be made fun of, said Cabrera. Hence, the "Fun Meter."

"That's something we put together, and when you go in there (the TOC), you look at the meter, and that will tell you if you want to ask a stupid question or not," said Cabrera. "If it's in the red or the black, you might want to regroup."

However, all said that for the most part, their tour in Bosnia has been satisfying.

"It's been OK," said Carter. "Except for the mud."